



Powerful Tools for Caregivers

Powerful Tools for Caregivers is a six week educational program, designed to help caregivers learn how to reduce stress, improve self confidence, better communicate feelings, balance life's challenges, increase the ability to make tough decisions and find local resources.

The following is the schedule for the six week class:

Week 1– September 5~: Taking Care of You

Week 2– September 12~: Identifying and Reducing Stress

Week 3– September 19~: Communicating feelings, Needs, Concerns

Week 4~ September 26~: Communicating in Challenging Situations

Week 5~ October 3~: Learning from our Emotions

Week 6~ October 10~: Mastering Caregiving Decisions

Registration Information

Registration: To register for the Powerful Tools for Caregivers classes contact ServiceLink at **603-332-7398**.

Dates: Classes will be held on 6 consecutive Wednesday mornings beginning September 5, 2012.

Time: 10:00am-12:00pm

Respite: Respite will be available to caregivers attending the classes, through Homemakers Health Services Adult Day

Fee: A one time \$25.00 fee is required for the cost of program materials.

The ServiceLink Resource Center of Strafford County is a non-profit Aging & Disability Resource Center for Seniors, adults with disabilities, their families and caregivers. This publication has been developed by ServiceLink Resource Center of Strafford County along with Legacy Caregiver Services, in whole or part, through a grant from the older American's Act and in partnership with the State of NH Department of Health & Human Services, Bureau of Elderly & Adult Services.